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Friday FACTS

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"Leadership, Partnership, and Championship"

Attention CHES!

NEHC's Sexual Health and Responsibility Program (aka "SHARP") offers six training courses to help you include sexual health in your comprehensive health promotion program. These courses are approved for continuing education credit for Certified Health Education Specialists, Certified Environmental Health Technicians, Registered Sanitarians, Independent Duty Corpsmen, Nurses and Physicians.

To view the *SHARPNews* newsletter containing a complete list of courses and credit offered, click on <http://www-nehc.med.navy.mil/downloads/hp/news416.pdf>

To access these SHARP training courses, click on <http://www-nehc.med.navy.mil/hp/sharp/index.htm>

To subscribe to the *SHARPNews* newsletter, send an e-mail to <mailto:sharp@nehc.mar.med.navy.mil>

AHRQ Releases New Systematic Evidence Reviews on Hormone Replacement Therapy

The Agency for Healthcare Research and Quality (AHRQ) has just released five new systematic evidence reviews of a broad spectrum of research on hormone replacement therapy (HRT) to prevent cardiovascular disease and other long-term health problems. These reviews support the findings of a recently halted clinical trial in the Women's Health Initiative (WHI) and were developed for the U.S. Preventive Services Task Force as background for new recommendations on HRT use that will be published in the fall. Also published were two related articles, produced by AHRQ's Evidence-based Practice Center at Oregon Health & Science University, one in the August 20 *Annals of Internal Medicine* and the other in the August 21 *Journal of the American Medical Association (JAMA)*. These articles found that harms could exceed benefits for women taking HRT for 5 years or longer to prevent chronic conditions. For a complete announcement of the reviews released, visit: <http://www.ahrq.gov/clinic/3rduspstf/hrt/>.

Are shakes at fast food restaurants a good source of calcium?

Fast-food milk shakes are generally good sources of calcium, with a small or medium serving often providing about a third of the daily calcium now recommended for most adults. But these shakes also give you 300 to 400 calories and 5 to 12 grams of fat. Those numbers are even higher for a few restaurant shakes and, of course, a large service size provides even more. On the other hand, you could get just as much calcium in an eight-ounce glass of skim milk for only about 90 calories and 0 grams of fat. An eight-ounce glass of reduced-fat milk (2 percent) or one and one-half ounces of reduced fat cheddar has 120 calories and 5 to 8 grams of fat. So think of these shakes not as beverages, but as desserts — desserts with more protein and calcium than most, but nonetheless desserts.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org, (800) 843-8114. Reprinted with permission.



The World Remembers

In Memory of all the men, women and children who lost their lives; all those who sacrificed their lives; And to all the Heroes that responded to the emergency 11 September 2001.

